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Special Tables Physical Training

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148 %s Battalion,
C. E. F.

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INTRODUCTION

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The Special Tables are published as a guide to Superintendents and Instructors in dealing with conditions for which the Manual of Physical Training makes no provision, and they aim chiefly at procuring the utmost activity of brain and limb which it is possible to obtain in recruits taken in large classes and without proper clothing and apparatus. Where apparatus is available or can be improvised, the Exercises may be changed to suit the altered conditions.

Each Table is divided into two parts, Part I consisting of Exercises which must be taught by qualified Physical Training Instructors, and Part II of Exercises (and Running Training, *vide* next page) which can be undertaken by any intelligent non-commissioned officer after short explanations by the Physical Training Instructor.

Both Parts must be completed in the hour allotted to Physical Training, and every recruit should be exercised six days a week.

The Tables should not be hurried through with the idea of completing all of them. It is better for the recruit to master the Exercises in several Tables than to indifferently perform those in all of them.

No form of Physical Training or Running Training should be done in the early morning (unless the men have had something substantial to eat before parade) or until half an hour after breakfast and dinner.

In the absence of qualified Instructors, Part II only should be taken.

Instructors of the Army Gymnastic Staff are responsible to the Superintendents of Gymnasia of their respective Commands that the Physical Training and Bayonet Fighting of the Units to which they are attached are carried out in the most efficient way.

Every effort must be made to organize the Physical Training on lines which will allow the instruction, once commenced, to continue without interruption for one hour daily for each recruit.

Classes of Officers and Non-Commissioned Officers should be formed for instruction in Bayonet Fighting, in order that they may be able to teach their platoons, etc., this most important part of a soldier's training.

Running Training should be progressive, and strictly in accordance with the instructions contained in the Manual of Physical Training, Section IX, the following paragraphs being especially important :—

313. The training should be commenced by running about 60 to 80 yards at a moderate pace, and then marching at ease in quick time until the normal breathing is restored. Another 60 or 70 yards may then be taken at a run, followed by marching at ease. A total of not more than 200 to 250 yards actual running may be taken in this way for the first few days; the distances may then be gradually increased and the pace also slightly increased as the men prove equal to it.

314. As the distances covered without breaking into quick time are increased the number of periods of alternate running and walking should be reduced, and great care taken to avoid pushing the men beyond their powers. Signs of abnormal distress at the conclusion of the running mean that the progression has been too rapid, or that the man who shows such signs is not fitted for the training, and should be brought to the notice of the Medical Officer.

ABBREVIATIONS AND SIGNS

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Abbreviations and Signs.—The following abbreviations and signs used in the tables and explanatory text of this Pamphlet are similar to those used in the **Army Manual of Physical Training**.

A.	= Arm or Arms.	inw.	= inward.
A.b.	= Arms bend.	J.	= Jumping.
Abd.	= Abdominal.	K.	= Knee or Knees.
astr.	= astride.	K.b.	= Knees bend.
backw.	= backward.	L.	= Leg or Legs.
Bal.	= Balance.	Lat.	= Lateral.
b.	= bend or bend- ing.	Mar.	= Marching.
cl.	= close or clos- ing.	o.	= open.
Dor.	= Dorsal.	outw.	= outward.
downw.	= downward.	pl.	= place or plac- ing.
ex.	= exercise.	pos.	= position.
F.	= Foot or feet.	r.	= raise or rais- ing.
F.cl.	= Feet close.	sidew.	= sideways.
F. full o.	= Feet full open	Sp.b.	= Span-bending.
f.	= firm.	str.	= stretch or stretching.
fling.	= flinging.	Tr.	= Trunk.
forw.	= forward.	turn.	= turning.
H.	= Hips.	upw.	= upward.
H.f.	= Hips firm.	V.	= Vaulting.
Hl.	= Heels.		
Hl.r.	= Heels raise.		

(i) Parts of the body and names of the groups of exercises are commenced with a **capital** letter, and all other words with a **small** letter.

(ii) The directions for the starting positions, when entailing more than one movement in order to assume them, are written in the order in which the movements are commanded. When these movements are taken separately, a **comma** is used between each. When taken together no **comma** is used, and the order of the movements is given from the feet upwards.

(iii) In the tables a **dash** (—) is used between the starting position and the exercise, and the name of the exercise or any additional movement taken to increase the effect is given in **thick type**.

(iv) When there is any possibility of doubt as to whether one or both arms, legs, knees, etc., are meant, an "s" is added to the abbreviation when both limbs are referred to, or the **figure 1** is used if only one is intended.

(v) Illustrations in the **Manual of Physical Training** are referred to thus: (Fig. 7-8), (Fig. 10).

SPECIAL TABLE—I.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. (a) **Feet close.** (Figs. 7, 8.)
(b) **Heels raise.** (Fig. 10.)

N. Ex. **Head backward bend.** (Figs. 21, 22.)

A. Ex. (a) **Hips firm.** (Figs. 24, 25, 26.)
(b) **Arms bend.** (Fig. 28.)
(c) A.b.—**Arms upward stretch.** (Figs. 30, 31, 32.)

Tr. Ex. F.cl., H.f.—**Trunk turning.** (Fig. 66.)

L. Ex. (a) H.f.—**Foot sideways place.** (Fig. 15.)
(b) H.f.—**Feet astride place.** (Fig. 14.)

B. GENERAL EXERCISES.

Prep. **Feet astride Arms upward stretch** (taken free).
for Sp.b.

Bal. Ex. H.F.—**Knee raise.** (Fig. 60.)

Lat. Ex. F.cl., H.f.—**Trunk bending sideways.**
(Fig. 67.)

Abd. Ex. H.f., F. sidew. pl.—**Trunk bending backward.** (Fig. 74.)

Dor. Ex. H.f., F. sidew. pl.—**Trunk bending forward.** (Fig. 83.)

Mar. Ex. Quick March.—**On the Toes march.**

J. & V. **Upward jumping.** (Fig. 93.)

C. FINAL EXERCISES.

1. **Heels raise.** 2. **Arms raising sideways.**

PART II.

Selection from—

1. "**In two Ranks—fall in**" (practised frequently).
2. Quick March.
3. **Marching on the Toes.**
4. Double March. (Fig. 92.)
5. Slow March.
6. High Jump (taken free). Jumping over Rope.
7. Long Jump (taken free).
8. Hopping with Leg raising sideways (with H.f.).
9. Running Training (in accordance with Manual of Physical Training, Section IX).
10. Leap-frog.
11. Surmounting Obstacles.

N.B.—Finish always with Slow March.

SPECIAL TABLE—II.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. H.f., H.l.r.—**Knees bend.** (Fig. 11.)
N. Ex. **Head bending backward.**
A. Ex. A.b.—**Arms sideways stretch.** (Fig. 29.)
Tr. Ex. H.f., F. sidew. pl.—**Trunk turning.**
L. Ex. **Feet close and full open.** (Fig. 9.)

B. GENERAL EXERCISES.

Prep. As before, but by word.
for
Sp. b.
Bal. Ex. H.f.—**Knee raising.**
Lat. Ex. H.f., F. sidew. pl.—**Trunk bending sideways.**
Abd. Ex. **On the hands** (on bench or ground). (Fig. 78.)
Dor. Ex. A.b., F. sidew. pl.—**Trunk bending forward.**
Mar. Ex. H.f.—**With Knee raising quick mark time.**
J. & V. **Forward jumping.**

C. FINAL EXERCISES.

1. **Heels raise.**
2. **Arms raising sideways and upward.**

PART II.

As in Table 1.

SPECIAL TABLE—III.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. H.f.—**Heels raising and Knees bending quickly.**

N. Ex. **Head bending backward.**

A. Ex. A.b.—**One Arm upward, one Arm downward stretch.** (Fig. 34.)

Tr. Ex. H.f., F. sidew. pl.—**Trunk turning.**

L. Ex. H.f.—**Foot placing sideways.**

B. GENERAL EXERCISES.

Prep. F. astr. A. upw. str.—**Trunk backward bend** (slight movement only.)

for

Sp. b.

Bal. Ex. H.f.—**Leg raising sideways.**

Lat. Ex. F.cl., 1 A. upw. 1 A. downw. str.—**Trunk bending sideways.** (Fig. 67).

Abd. Ex. On the Hands.—**Arms bend** (on bench or ground).

Dor. Ex. H.f., F. sidew. pl., Tr. forw. b.—**Trunk downward bend.** (Fig. 86).

Mar. Ex. H.f.—**With Knee raising quick march.**

J. & V. **Upward jumping with Arms raising sideways.**

C. FINAL EXERCISES.

1. **Heels raise.**
2. **Arms raising sideways and upward.**

PART II.

As in Table I.

SPECIAL TABLE—IV.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. H.f., F. full o.—**Heels raising and full Knees bending.**

N. Ex. **Head bending sideways.**

A. Ex. A. sidew. r.—**Arms forward bend.**
(Fig. 36.)

Tr. Ex. A.b., F. sidew. pl.—**Trunk turning.**

L. Ex. H.f.—**Foot placing sideways.**

B. GENERAL EXERCISES.

Prep. F. astr. A. upw. str.—**Trunk bending backward.**

Sp. b.

Compl. Ex. (H.f., F. sidew. pl.—**Trunk bending forward and downward.**)

Bal. Ex. H.f.—**Leg raising backward.** (Fig. 61.)

Lat. Ex. H.f., F. sidew. pl.—**Trunk bending sideways quickly.**

Abd. Ex. On the Hands (on bench or ground).—
Leg raising. (Fig. 79.)

Dor. Ex. A.b., F. sidew. pl., Tr. forw. b.—**Arms stretching sideways.**

Mar. Ex. Quick March—**With Hips firm on alternate Feet hop.**

J. & V. **With three paces forward, off the left (or right) Foot jump.**

C. FINAL EXERCISES.

1. H.f.—**Heels raising and Knees bending.**
2. **Arms raising forward and upward, lowering sideways and downward.**

PART II.

As in Table I.

SPECIAL TABLE—V.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. A.b., Hl.r., K.b.—**Arms stretching sideways.**

N. Ex. **Head bending sideways.**

A. Ex. **Arms swinging upward.**

Tr. Ex. A.b., F. sidew. pl.—**Trunk turning quickly**

L. Ex. H.f., F. full. o.—**Foot outward place.**

B. GENERAL EXERCISES.

*Sp. b. **Position for Span bending** (taken “free” with F. astr.; and later by word of command).

Bal. Ex. H.f.—**Leg raising forward.**

Lat. Ex. A.b., F. sidew. pl.—**Trunk bending sideways quickly.**

Abd. Ex. (a.) Lying, A. upw. r.—**Legs raising** (ground permitting).

otherwise (b.) On the Hands (on ground).—**Leg raising.**

Dor. Ex. H.f., F. sidew. pl.—**Trunk bending forward and downward.**

Mar. Ex. (a.) Quick March.—**With Hips firm on the left** (or right) **Foot hop.**
(b.) Double March—**With Hips firm, Knees raise.**

J. & V. **With three paces forward off the left (or right) Foot jump.**

C. FINAL EXERCISES.

1. H.f.—**Foot placing sideways.**
2. **Arms raising forward and upward, lowering sideways and downward.**

PART II.

Same as in Table I.

*Only if wall bars or improvised apparatus are available.

SPECIAL TABLE—VI.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. A.b., F. full. o., Hl. r., Full K. b.—**Arms stretching sideways.**

N. Ex. **Head turning quickly.**

A. Ex. A.b.—**Arms stretching forward.**

Tr. Ex. A.b., F. sidew. pl.—**Trunk turning quickly.**

L. Ex. H.f., F. full, o.—**Foot placing outward.**

B. GENERAL EXERCISES.

Sp. b. As in Table V.

Bal. Ex. H.f.—**Leg raising forward, sideways, and backward.**

Lat. Ex. On the Hands (on bench or ground).—
On one Hand turn.

Abd. Ex. On the Hands (on bench or ground).—
Arms bending with Leg raising.

Dor. Ex. F. astr., A. upw. str.—**Trunk bending forward.** (Figs. 84, 85.)

Mar. Ex. H.f.—**In quick time sideways march.**

J. & V. **Upward jumping with turning.**

C. FINAL EXERCISES.

1. **Arms raising forward and upward, lowering sideways and downward.**

PART II.

As in Table 1.

SPECIAL TABLE—VII.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. H.f.—**Foot placing sideways and Heels raising.**

N. Ex. **Head bending sideways.**

A. Ex. A. forw. b.—**Arms flinging.** (Fig. 37.)

Tr. Ex. A.b., F. sidew. pl.—**Trunk turning quickly with Arms stretching upward.**

L. Ex. H.f., F. full o.—**Outward lunge.** (Fig. 19)

B. GENERAL EXERCISES.

*Sp. b. Pos. for Sp. B. (F. astr.),—**Heels raise**
(1 foot-length from wall bars).

Bal. Ex. H.f., K.r.—**Leg stretching forward.**

Lat. Ex. On one Hand.—**Leg raising.**

Abd. Ex. (a.) Lying, A. upw. r.—**Legs raising**
(ground permitting).

otherwise (b.) On the Hands.—**Arms bending with legs raising.**

Dor. Ex. F. astr., A. upw. str.—**Trunk bending forward and downward.**

Mar. Ex. H.f.—**In double time sideways march.**

J. & V. **With turning three paces forward off the left (or right) Foot jump.**

C. FINAL EXERCISES.

1. **Arms raising forward and upward, lowering backward and downward.**

PART II.

As in Table I.

*Only if wall bars or improvised apparatus are available

SPECIAL TABLE—VIII.

PART I.

A. INTRODUCTORY EXERCISES.

L. Ex. 1 H.f.—Foot placing sideways and Heels raising.

N. Ex. Head bending sideways.

A. Ex. A.b.—Arms stretching forward, sideways, and upward.

Tr. Ex. A.b., F. sidew. pl.—Trunk turning quickly with Arms stretching upward.

L. Ex. A.b., F. full. o., outward lunge.—One Arm upward, one Arm downward stretch.

B. GENERAL EXERCISES.

Sp. b. As in Table VII.

Bal. Ex. H.f., K.r.—Leg stretching forward.

Lat. Ex. On one Hand.—Leg raising.

Abd. Ex. On the Hands.—Foot placing forward.

Dor. Ex. F. astr., A. upw. str., Tr. forw. b.—Arms swinging downward and backward (Fig. 35.)

Mar. Ex. H.f.—In double time sideways march.

J. & V. Upward jumping with Arms swinging upward.

C. FINAL EXERCISES.

1. Arms raising forward and upward, lowering backward and downward.

PART II.

As in Table I.

